

Camden Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM Spinning Yogi Studio Lollo	9:00 AM NIA Studio Terre	9:00 AM Mat Pilates Studio Lollo	8:45 AM NIA Studio Terre	9:00 AM Yoga Studio Louiza	9:30 AM Zumba RM I Lilli
		5:00 PM Stretching Studio Janet		10:30 AM Tabata Intervals Studio Debbie	
6:00 PM Mat Pilates Studio Lollo	6:00 PM Core Workout Studio Cathi	6:00 PM Zumba Studio Lili	6:00 PM Interval Strength Training Studio Debbie	11:30 AM Zumba Studio Lili	
7:00 PM Zumba Studio Lollo	7:00 PM Spin/Sculpt Studio Diane	7:00 PM Yoga Studio Minh-Thu	7:00 PM UJAM Studio Janine		

FITNESS CENTER HOURS

Monday - Thursday 7:30 am - 8:00 pm
Friday 7:30 am - 4 pm
Saturday 9:00 am - 1:00 pm

DROP-IN GYM HOURS

Basketball

Monday-Friday: 12:00—3:00pm*
Tuesdays: 5:00—8:00pm
Saturdays: 9:00am—1:00pm

Volleyball

Thursdays 5:00 - 8:30 pm

Get updated schedules at www.sanjoseca.gov/prns

Check policies and procedures prior to participation. We observe San Jose City Holidays.

Bascom Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM Yoga Community Room Louiza		9:00 AM Intermediate Yoga MPR Louiza		9:30 AM Zumba MPR Lollo	9:15 AM Interval Ex-press MPR Diane V.
	11:00 AM Circuit Training MPR Cathi	10:00 AM Pilates MPR Janet			10:15 AM Yoga MPR Minh-Thu
	12:15 PM Yoga Community Room Louiza				
	6:00 PM Hot Hula MPR Marie	5:30 PM Yoga MPR Minh-Thu			
7:00 Power Yoga MPR Geetha	7:15 PM Zumba MPR Sheila	7:00 PM Body Sculpt MPR Debbie	7:15 PM Zumba MPR Sheila		

Fitness Center Hours

Monday—Thursday 9:00 am - 8:00 pm
Friday 9:00 am - 6:00 pm
Saturday 9:00 am - 1:00 pm

DROP-IN GYM HOURS

Monday 3:30pm - 6:30 pm
Tuesday 3:30pm - 7:00 pm
Wednesday Not Open
Thursday 3:30pm - 5:30 pm
Friday Not Open
Saturday 9:00am - 1:00 pm

Schedule, Formats, Instructors, subject to change. No refunds on memberships. Participants must be at least 14 years old to participate in all fitness programs. Check Policies & Procedures prior to participation. We observe SJ City holidays.